

Join Native communities from across the country as they celebrate the 4th Annual National Native American Health & Fitness Day!



Imagine thousands of people in Native communities – walking together for wellness all across the country. You and your community can help make this happen. The National Congress of American Indians has established October 4, 2006 as the 4th Annual National Native American Health and Fitness Day. To take part in this annual event, Just Move It (JMI) would like to encourage you and your community to hold Wellness Walks or other fitness events between October 4, 2006 and December 31, 2006.

Here's how you can participate!

Organize any type of non-competitive physical activity event between October 4, 2006 and December 31, 2006.

- Walk / Run
- Aerobics
- Health Fair / Workshop AND some type of physical activity
- Dance (line dancing, etc.)
- Or any other type of physical activity event

Here's how you can sign up!

If you are already a Just Move It Partner:

1. Decide on an event, a location, time and date.
2. Log onto the JMI website at www.justmoveit.org
3. Once you are logged in, scroll down to your "Coordinator Menu" in the left hand column and click on your program name directly below "My Programs".
4. Now, click on "Add New Activity" which is located next to "Activities".
5. Enter your event information. Once you click "Submit", your event will be posted to the JMI Calendar.
6. Make your event happen! Take pictures!
7. After your event, the JMI website will send you an email asking you to submit an Activity Report. Once you submit your Activity Report, your number of participants will be added to the growing number of participants on the JMI website. Let's get 1 million American Indians and Alaska Natives moving!
8. Throughout the year, continue sharing what is happening in your communities via the JMI website.

If you are not a Just Move It Partner yet:

1. Visit the JMI website at www.justmoveit.org
2. Become a JMI Partner! Scroll down to "Coordinator Login" in the lower left hand column and click the link, "Sign up as a New Program Coordinator".
3. Once your Program is added to the JMI website you will be notified via email. After receiving notification you can follow the instructions for "If you are already a JMI Partner" to add your event to the JMI Calendar.